Act for Peace and Kindness
#peaceday   #actforpeace
Peace Day Philly 2014

PEACE DAY PHILLY
www.peacedayphilly.org

An act of peace and kindness can make a real difference for both the giver and the receiver. We encourage you to join us in the **#actforpeace** campaign. Commit to taking one simple action for peace and/or kindness from Monday, Sept. 15 - Sunday, Sept. 21 (Peace Day).

What can YOU Do? Here are some ideas...

Reach out to someone that you think may need a kind word or a positive conversation.

Let someone go ahead of you in line at a store.

Take a step to forgive someone, whether privately or in conversation with that person. Resentment for a past wrong costs us our personal peace.

Be nice to someone who is behaving in a rude way - maybe they're having a bad day.

Donate to a peace-related cause that is important to you.

Help out a neighbor who might need a ride, help with their yard or someone to listen.

Give someone else a parking spot that you saw first or put a quarter or two in a meter if you notice it's almost up.

Do something that's kind to the planet or just learn more about www.rootsandshoots.org, the youth and environment program founded by UN Messenger of Peace Dr. jane Goodall.

Volunteer your time at a social service agency, food bank, school of community center. For ideas go to: http://volunteer.phila.gov

Thank someone in public service for the work that they do.

Build your own personal peace by sitting in silence for 5 minutes.

Tell someone important to you how much they mean to you.

For more ideas, please visit: http://www.dothedeed.org;
http://compassiongames.org; http://www.randomactsofkindness.org

Share your #actforpeace with us @peacedayphilly
or on our Facebook Page!